

## Claims

What is claimed is:

1. A method for making a Bulgur food article comprising the steps of:  
providing an uncooked mixture comprising Bulgur;  
providing an outer shell formed from said mixture, said shell having a pre-determined configuration; and  
providing an edible pre-cooked filling for said Bulgur food article located within said outer shell, said uncooked mixture comprising Bulgur when cooked with said edible pre-cooked filling providing a combination cooked product.
2. The method for making a Bulgur food article according to Claim 1 further comprising the steps of:  
providing said uncooked mixture comprising Bulgur and an edible fluid;  
grinding said uncooked mixture at least one time;  
decanting off excess of said edible fluid; and  
configuring said uncooked mixture into a shaped outer shell for receiving said edible pre-cooked filling.
3. The method for making a Bulgur food article according to Claim 1 further comprising the steps of:  
providing an uncooked filling;  
blending said uncooked filling;  
pre-cooking said uncooked filling making said edible pre-cooked filling; and  
locating said edible pre-cooked filling within said outer shell.

4. The method for making a Bulgur food article according to Claim 3 wherein said uncooked filling is pre-cooked for at least 5 minutes at a temperature of at least 177°C.
5. The method for making a Bulgur food article according to Claim 1 further comprising the steps of:  
packaging and freezing said Bulgur food article; and  
cooking the frozen Bulgur food article for at least 15 minutes at a temperature of at least 177°C making said combination cooked product.
6. The method for making a Bulgur food article according to Claim 1 further comprising the step of cooking the Bulgur food article for at least 5 minutes at a temperature of at least 177°C making said combination cooked product.
7. The method for making a Bulgur food article according to Claim 1 wherein said mixture comprises at least Bulgur, a raw meat, a plurality of seasonings and an edible fluid.
8. The method for making a Bulgur food article according to Claim 7 wherein the raw meat is selected from the group consisting of beef, lamb, pork, poultry, venison and rabbit.
9. The method for making a Bulgur food article according to Claim 7 wherein said edible fluid comprises water.
10. The method for making a Bulgur food article according to Claim 7 wherein said edible fluid comprises a broth.
11. The method for making a Bulgur food article according to Claim 7 wherein the ratio by weight of Bulgur to raw meat

to fluid is from 4:1:4 to 1:2:1 and more preferably 1:1:1.

12. The method for making a Bulgur food article according to Claim 1 wherein the pre-determined configuration of said Bulgur mixture outer shell is selected from the group consisting of a miniature football, a hamburger, a cookie, a hot dog, a sausage, an egg and a ball.
13. The method for making a Bulgur food article according to Claim 3 wherein said uncooked filling comprises ingredients selected from the group consisting of vegetables, seafood, raw meat, onion, a plurality of seasonings and nuts.
14. The method for making a Bulgur food article according to Claim 13 wherein said raw meat is selected from the group consisting of beef, lamb, pork, poultry, venison and rabbit.
15. The method for making a Bulgur food article according to Claim 13 wherein said nuts are selected from the group consisting of peas, beans, chick peas, peanuts, pecans, almonds and walnuts.
16. The method for making a Bulgur food article according to Claim 13 wherein the ratio by weight of raw meat to onions to nuts is from 8:2:1 to 4:2:1 and more preferably 2:2:1.
17. A Bulgur food article prepared by the method according to Claim 1.